



# Disciples: Training vs Trying

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“... train yourself to be godly.” 1 Timothy 4:7

## RECLAIMING OUR LANGUAGE

We have made our Christian language become all **NOUNS**, instead of the **VERBS** they are supposed to be.

**Discipline:** Any activity I can do by direct effort that will help me do what I cannot now do by direct effort.

**Spiritual discipline:** Any activity that can help grow spiritually. So I can live life as Jesus taught and modeled it.

## What is Spiritual Maturity?

Relating to our heavenly Father and others as Jesus did.

- Someone who knows how to LOVE GOD and LOVE PEOPLE  
*On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” “What is written in the Law?” he replied. “How do you read it?” He answered: “ ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” “You have answered correctly,” Jesus replied. “Do this and you will live.” Luke 10:26-28*

## How do we grow spiritually? Fruit, Faith, Focus...

- Partner with God – Do what only you can do, while trusting Him to do only what he can do

*“I planted the seed, but God made it grow. So, neither he who plants nor he who waters is anything, but only God, who makes things grow.”*

1 Corinthians 3:6-7

*“...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.”*

1 Timothy 4:7-10

“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should.” 1 Corinthians 9:24-27

## Have awareness of your **PERSONAL BARRIERS** to spiritual growth

- Self focused- Jesus not first priority- Distractions
- Complacency - sins of Omission
- Sinful Behaviors and attitudes- sins of Commission

## Learn which **DISCIPLINES** help us overcome these barriers

- Disciplines of FOCUS – Listening for obedience
  - Prayer, Scripture, Silence, Solitude, Fasting
- Disciplines of ACTION
  - Community, Serving, Giving, Thanksgiving
- Disciplines of ABSTINENCE
  - Sabbath, Fasting - Eliminating temptations

## Make a decision to **TRAIN** and stop trying

*“Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one.”*

Matthew 5:37

## **BEGIN: Commit yourself to be where Jesus promises to be present**

*“Whoever serves me must follow me; and where I am, my servant also will be.”*

John 12:26

## Example – **Wind and the Sailboat**

### Questions:

How would you describe a spiritually mature person?

What makes your spiritual growth difficult for you? What obstacles do you face? Is there anything you can do to overcome these obstacles?

When do you feel like you are growing spiritually? What behaviors can you identify that you do regularly during that time?

What do you think Jesus is asking you to do now so you can continue to grow in your relationship with Him?